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To: [Ariana Gomez](#); [Elmer Pacheco](#); [Jackie Sanchez](#); [Jasmine Ramos](#); [Jose Gonzalez](#); [Kent Smith](#); [Randall Tampa](#); [Rena Leddy](#)
Subject: FW: Wellness Wire - August 2015
Date: Monday, July 27, 2015 9:05:09 AM

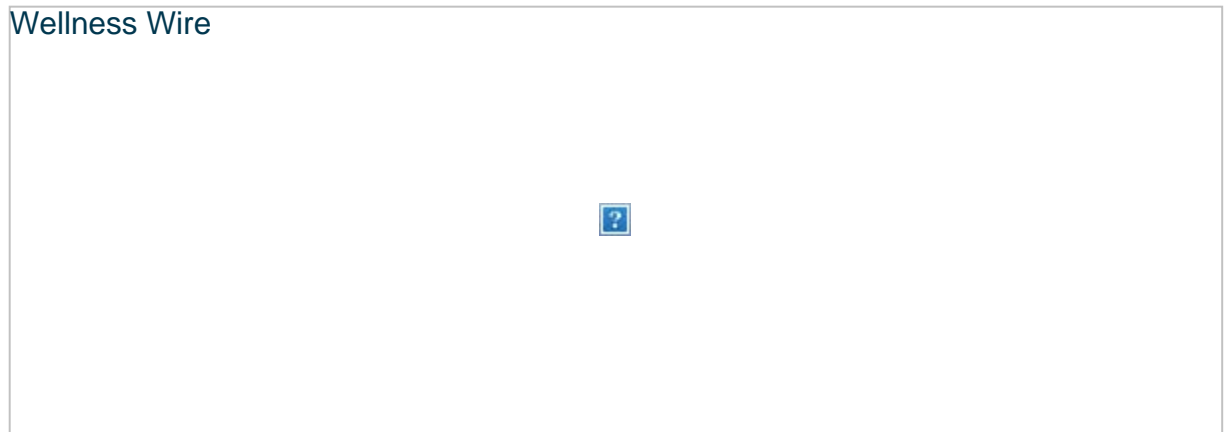
FYI

From: VSP Account Team [mailto:vspaccountteam@vsp.com]
Sent: Thursday, July 23, 2015 7:28 AM
To: jose@fashiondistrict.org
Subject: Wellness Wire - August 2015

August is Children's Eye Health and Safety Month



Wellness Wire



Dear Jose,

Here's some great information to share with your VSP members.
Check out our member page on vsp.com for more information.



August is Children's Eye Health and Safety Month

Did you know that 65% of children nationwide haven't had an eye exam in the last 12 months? Healthy vision is essential to a child's ability to learn and achieve their academic potential, as well as to play sports and other activities.

When is the First Eye Exam Needed?

As early as six-month of age.

It's important that babies at this young age have their vision examined by an eye doctor to ensure that their eyes are developing normally and working together as a team. If not, one

SEPTEMBER 2015

[Healthy Aging Month](#)

We all know that at some point we'll need glasses to help us read. Talk to your VSP doctor to see what other effects aging can have on your eyes—and what you can do about it.

OCTOBER 2015

[Cancer Awareness Month](#)

Did you know a standard part of an eye exam can help doctors spot the signs of a tumor? Make an eye exam with your VSP

or both eyes may be affected, which could lead to a lifetime of poor vision.

doctor part of your healthcare routine.

Other exams should occur when the child is two to three years old. A pre-kindergarten exam is a must. The [school-offered vision screenings](#) are not enough. After that, eye exams should become an annual ritual, just like annual check-ups at the pediatrician's office.

What Can Be Detected in an Eye Exam?

Children's eye exams can identify nearsightedness, farsightedness, and astigmatism, conditions that can be easily remedied with prescription glasses. A child's eye exam can also detect signs of chronic conditions like diabetes.

Early treatment can stop bigger problems down the road and detect vision issues that could impair eyesight for life.

Like any trip to a doctor, kids might be scared to see an eye doctor. But many optometrists are skilled at working with children. They can actually make eye exams fun for kids.



Don't just assume all is well unless you see your child squinting or complaining about his or her eyes. Making yearly trips to the eye doctor is as important for your family as annual visits to the pediatrician. You can easily [find a VSP eye doctor](#) in your area who specializes in working with children.

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